



Lexington Senior Services Newsletter

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Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Return Service Requested

July/August 2010
Issue 345

1475 Massachusetts Avenue, Lexington, MA 02420
<http://www.lexingtonma.gov>

Phone: 781-861-0194
FAX: 781-863-2271



Summer BBQ

Tuesday, August 17, 2010 at 12 Noon

Join us for a traditional barbecue featuring tender pulled pork and pulled chicken along with all the sides and fixings catered by FireBox of Bedford! Dessert included. **Please register and pay the receptionist by August 12. \$5.00.**

NUTRITION SERIES

Presented by Jessie McNeil, a registered dietician and consultant with Salter Healthcare. Jessie is experienced in preparing diets for all kinds of medical conditions and is qualified to answer all your nutrition questions.

Lectures will be followed by a question and answer session and a healthy snack.

Bone Health

Friday, July 23, 2010 at 9:30 a.m.

Can a healthy diet help prevent or treat osteoporosis?
Find out which nutrients help absorb calcium and other essential nutrients.

Vitamins, Minerals, and Herbal Supplements – Are They Safe? - Friday, July 30, 2010 at 9:30 a.m.

Do you need a daily multi – vitamin? Learn the food sources of vitamins and minerals and when it is necessary to take vitamins in pill form. Learn the facts about vitamins, how to shop for them and which ones not to take in abundance.

**Please register with the receptionist
at 781-861-0194. Free.**



Ice Cream Socials

Beat the Heat and Ice Cream Social
Monday, July 19, 2010 at 1:30 p.m.

Presented by Pam Kaufman, Community Service Representative for Home Instead Senior Care in Lexington, and Karen Breehey, Arlington-based Visiting Nurse and Community Health's Marketing department.

Ms. Kaufman will focus on hydration and the important role water plays in the body. Ms. Breehey will follow with a presentation on dehydration and heat stroke, and how Seniors can avoid and treat both.

**Please register with the receptionist at
781-861-0194. Free.**

*Sponsored by Home Instead
Senior Care in Lexington*

AND



Thursday, August 26, 2010 at 2:30 p.m.

Sponsored by Atria Longmeadow Place
Join us for ice cream sundaes
with all the fixings!

**Please register with the receptionist at
781-861-0194**



Sign up for July and August classes begins June 25th.



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Hank Manz

From the Director's Corner: Summer Edition

I'm not sure who to credit for the phrase "lazy days of summer"... But, I am sure that while we may have a slightly slower pace in July and August, there's still A LOT going on at the Senior Center! If you missed the June Transportation Forum, we'd still like to know your thoughts on what is needed for senior transportation in Lexington. You can ask the receptionist for a transportation survey- fill it in and return it to us! In addition to our regular fitness programs, we have a new seated strength training program this summer. The popular weekly summer flick returns with light refreshments served. And new on Thursdays - drop by from 3 to 4 for "Afternoon Tea".

The Senior Services staff would like to remind you that now is the time to sign up for the Senior Service Tax Work Program. This program allows you to work for the Town of Lexington, and the amount you earn is deducted from your property taxes. Income guidelines apply. For more detailed information, contact Paula McGlynn at 781-861-0194.

We'd also like to remind everyone to drink plenty of water this summer- older adults are more likely to experience dehydration and heat-related illnesses, so keep that water bottle with you!

— Charlotte Rodgers and the Human Services Department Staff

PROGRAM HIGHLIGHTS**Afternoon Tea Time**

Thursdays, from 3 to 4 p.m. in the back of the dining room
 Join friends for light refreshments and conversation. This informal group will meet every Thursday in July and August. Drop in—no sign-up required.

Legal Presentation

Thursday, August 19, 2010 at 10 a.m.

Presented by Betsey Crimmins from Greater Boston Legal Services

Greater Boston Legal Services offers free civil legal services to people over 60. Betsey is the attorney who oversees this program. She will update the audience on current events related to senior law. **Please register with the receptionist at 781-861-0194.** Space is limited.

Funeral Planning

Monday, August 16, 2010 at 1 p.m.

Nobody likes to talk about it, but we all have to face the fact that we'll be involved in planning a funeral! Mary Ann Sarno, of Quality Caskets and Services, Inc., will be at the Senior Center to talk about how she educates families about the funeral process and how to handle it with dignity while avoiding unnecessary expense. **Please register with the receptionist at 781-861-0194.**

**Lexington Housing Authority Senior Housing
Are you eligible for Senior Housing?**

You may qualify if you are receiving income, possess assets and the owner of your home; if you do not exceed the Total Household Income Limits effective June 1, 2010 (subject to change) listed below plus if you are at least 60 years of age or young disabled.

1 person	2 persons
\$45,100	\$51,550

Please call the Lexington Housing Authority at 781-861-0900 for more information or to receive an application.

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Afternoon Movie

TUESDAYS through the summer. Start time: 1:15 p.m.
in the Muzzey Room

Come keep cool and enjoy refreshments.

Sherlock Holmes – Tuesday, July 6, 2010—Robert Downey Jr., Jude Law & Rachel McAdams. (PG-13). 128 Minutes.

The Young Victoria – Tuesday, July 13, 2010—Emily Blunt & Rupert Friend. (PG) 105 Minutes.

Tooth Fairy—Tuesday, July 20, 2010—Dwayne Johnson, Ashley Judd & Julie Andrews. (PG) 101 Minutes.

Nine—Tuesday, July 27, 2010—Nicole Kidman, Judi Dench & Daniel Day-Lewis. (PG-13) 119 Minutes.

Sabrina—Tuesday, August 3, 2010—Humphrey Bogart, Audrey Hepburn & William Holden. 113 Minutes.

Ice Castles—Tuesday, August 10, 2010—Taylor Firth & Rob Mayes. (PG) 95 Minutes.

Invictus—Tuesday, August 17, 2010—Morgan Freeman & Matt Damon. (PG-13) 133 Minutes.

To Catch a Thief—Tuesday, August 24, 2010—Cary Grant & Grace Kelly. 106 Minutes.

Valentine's Day—Tuesday, August 31, 2010—Ashton Kutcher & Jennifer Garner. (PG-13) 125 Minutes.



JULY/AUGUST FITNESS CLASSES

Seated Strength Training

Please note change of start date and registration date!

This seated class is designed to accommodate individuals of various fitness levels. The class will begin with a warm up followed by strength training exercises for all the major muscle groups using light hand weights and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension.

Tuesdays 9:45 to 10:45 a.m. and Thursdays 12 noon to 1 p.m. Starts July 6 and runs through August 31st. Registration begins on June 25. Fee is \$25.00.

60+ Fitness Class Summer Edition

Mondays, Wednesdays & Fridays from 9:45 to 10:45 a.m.

July 7 through September 3, 2010.

The 60+ Fitness class continues with instructors from Summit Health & Fitness. Priority for both classes will be given to Lexington residents. Registration begins on June 25. Fee is \$30.00.



Please register for just one of the two classes.



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Weekly and Continuing Activities

For further information on any Senior Center activities, please call the receptionist at 781-861-0194. Unless otherwise noted, registration is not required for these activities. Classes may be subject to change due to scheduling conflicts.

Please remember to sign up for your "My Senior Center" card with Jerri and sign in before class.

EDUCATIONAL AND DISCUSSION GROUPS

World Affairs Study Group: Tuesdays at 2 p.m. - An open discussion group focused on world affairs.

Current Events: Fridays at 1 p.m. - A round-table discussion group focused on current events.

Computer & Technology Group: Wednesdays at 10 a.m. - See our group website www.tinyurl.com/Lex-comp-grp for program details and to sign up for our email. All are welcome

Book Club: Third Thursday of the month at 2:30 p.m.

FUN AND GAMES

Scrabble and Trivial Pursuit: Mondays at 1 p.m. in the back of the dining room.

Foursome Bridge: Wednesdays and Fridays at 9:30 a.m.

Bridge: Wednesdays at 1 p.m.

Pool: Open to all on a drop-in basis, as long as there is not another ongoing program in the fitness area.

POLITICAL INVOLVEMENT

Lunch with Lexington Town Manager, Carl Valente: Third Friday of the month in the Senior Center dining room at 12 noon - Carl encourages seniors to bring any questions and concerns to him at this time.

An Hour with Senator Ken Donnelly: Wednesday, July 21, 2010 at 9:30 a.m. - Join Senator Donnelly for a discussion of public policy and current issues.

STAY COOL IN THE POOL

Here are some affordable options for keeping cool and getting some exercise at the same time this summer.

Town Pool and Old Reservoir Senior Adult (62+): Season Swim Tag (\$50.00) OR \$5.00 entrance fee each visit. Check adult swim times at www.lexingtonma.gov or call 781-862-0500 x262

Hayden Recreation Centre Senior Citizen Swim (Lexington Residents only 60+)—Monday, Wednesday & Friday from 4 p.m. to 4:45 p.m. Senior Citizen Swim fee: \$40.00

For more information call: 781-862-8480.

NEWS FROM SHINE (Serving Health Insurance Needs of Elders) **Health Care Reform and Medicare**

Health Care Reform will begin helping Medicare Beneficiaries in June 2010. If you have heavy prescription costs you may be approaching the infamous "donut hole" or gap in your prescription coverage. In 2010 Medicare beneficiaries who reach the gap will receive \$250 from Medicare. You do not need to file a claim. The check for \$250 will be sent to you automatically. The first checks will go out in June.

Once you are in the gap you are responsible for 100% of the costs of your prescriptions until the total retail costs reach \$6,440 at which time you move into the catastrophic portion of the plan and you will be responsible for 5% of the cost of your prescription.

In 2011 more steps toward closing the "donut hole" will take place and by 2014 the gap will be closed. Stay tuned for more updates on Health Care Reform and Medicare

From the Health Corner:

Easy (and safe!) Summer Living Tips

Charlotte Rodgers, RN, Director of Human Services



Summer is a great time to enjoy lighter, fresher foods - and to enjoy them outdoors at a BBQ or picnic! But the warm weather is also perfect for allowing bacteria to grow on your food. The problem is, food can look and smell fine, but the levels of bacteria in it can cause food poisoning, either just a nasty bout of vomiting and diarrhea, or bad enough for an emergency trip to the hospital. Most of the cases of food poisoning are avoidable by using commonsense in food handling.



The Mayo Clinic has provided these safety tips:

1. Observe the "2 hour rule"- don't leave foods that require refrigeration out longer than 2 hours.
2. In really hot weather (90 degrees F or hotter), observe a "1 hour rule" to be safe.
3. Refrigerated leftovers should be eaten within 5 days- if you don't plan to eat them, freeze them.
4. Don't put very hot foods directly into the refrigerator- try rapidly chilling them first by placing the container in a bowl of ice.
5. Pack leftovers in small containers - they will cool more quickly.
6. Don't overcrowd your refrigerator - a too-full refrigerator blocks cool air.
7. Make sure the temperature in your refrigerator is set at or below 40 degrees F. The freezer should be set at 0 F.
8. Know when to toss food: The "3 to 5 day rule"- an opened package of lunch meat can be safely stored for 3 to 5 days- unopened, it will keep for two weeks. Homemade salads can be safely stored for 3 to 5 days.
9. Know when to toss meat and fish: The "1 to 2 day rule" - Never keep fish more than 48 hours, cooked or uncooked. Fresh ground meats are the same 1-2 days. Cook or freeze as soon as possible after bringing them home. If in doubt, throw it out: Any foods that look or smell suspicious or you are not sure how long they have been in the refrigerator should be tossed. Better to be safe than sorry!

And remember, always wear your sunscreen, a hat and drink plenty of water. By following these simple rules, you are well on your way to enjoying the summer months safely!

— Adapted from Mayo Clinic Health and Wellness Guides

Podiatry Clinic: With Dr. Gimbel— **3rd Thursday of the month (July 15, 2010 and August 19, 2010.)** Call 781-861-0194 to schedule an appointment. Please pay the Podiatrist \$30.00 directly. Appointments scheduled from 1—4 p.m.

BLOOD PRESSURE SCREENINGS

Thursday mornings from **10 a.m. to 11 a.m.** at the following locations:

- **1st** Thursday of the month - Lexington Senior Center, 1475 Massachusetts Avenue
- **2nd** Thursday of the month - Countryside Village, off Woburn St.- in Lexington Housing Authority Office Building/Meeting Room.
- **3rd** Thursday of the month - Greeley Village, off Bedford St., turn in on Tewksbury St. or Shirley St.- in the center building/ meeting and laundry facilities.
- **4th** Thursday of the month - Vynebrooke Village, off Waltham St.- in the center building.
- **5th** Thursday of the month – No BP clinic.

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

July

2010



5
Independence Day
Senior Center Closed



12
7:30.....Golf @Stone Meadow
9:00.....Stretch & Bend
9:45.....60+ Fitness
10:00.....Evergreen Group
12:00.....Lunch-Lex Café
1:00.....Scrabble & Other Games
1:00.....Ping Pong
2:45.....Yoga for Health-Beginner

13
9:00.....Stretch & Bend
9:45.....Seated Strength Training
12:00.....Lunch-Lex Café
1:00.....SHINE
1:15.....Movie: The Young Victoria
2:00.....World Affairs

6
9:00.....Stretch & Bend
9:45.....Seated Strength Training
12:00.....Lunch-Lex Café
1:00.....SHINE
1:15.....Movie: Sherlock Holmes
2:00.....World Affairs

7
9:00.....Stretch & Bend
9:30.....Foursome Bridge
9:45.....60+ Fitness
10:00.....Computer & Technology Group
12:00.....Lunch-Lex Café
1:00.....Veteran's Agent
1:00.....Ping Pong
1:00.....Bridge
1:30.....Tai Chi Class

14
9:00.....Stretch & Bend
9:30.....Foursome Bridge
9:45.....60+ Fitness
10:00.....Computer & Technology Group
12:00.....Lunch-Lex Café
1:00.....Friendship Group
1:00.....Veteran's Agent
1:00.....Ping Pong
1:00.....Bridge
1:30.....Tai Chi Class

19
7:30.....Golf @Stone Meadow
9:00.....Stretch & Bend
9:45.....60+ Fitness
12:00.....Lunch - Lex Café
1:00.....Scrabble & Other Games
1:00.....Ping Pong
1:30.....Ice Cream Social
2:45.....Yoga for Health-Beginner

20
9:00.....Stretch & Bend
9:45.....Seated Strength Training
12:00.....Lunch-Lex Café
1:00.....SHINE
1:15.....Movie: Tooth Fairy
2:00.....World Affairs

21
7:30.....Golf @Pine Meadow
9:12.....Fix-It-Shop
9:00.....Stretch & Bend
10:00.....BP Vynebrooke
12:00.....Lunch-Lex Café
1:00.....Prostate Group
1:00.....Veteran's Agent
1:00.....Ping Pong
1:00.....Bridge
1:30.....Tai Chi Class

28
9:00.....Stretch & Bend
9:30.....Foursome Bridge
9:45.....60+ Fitness
10:45.....Dpart St. Brigid's for Spirit of Boston
10:00.....Computer & Technology Group
12:00.....Lunch-Lex Café
1:00.....Friendship Group
1:00.....Veteran's Agent
1:00.....Ping Pong
1:00.....Bridge
1:30.....Tai Chi Class

27
9:00.....Stretch & Bend
9:45.....Seated Strength Training
12:00.....Lunch-Lex Café
1:00.....SHINE
1:15.....Movie: Nine
2:00.....World Affairs

26
7:30.....Golf @Stone Meadow
9:00.....Stretch & Bend
9:45.....60+ Fitness
10:00.....Evergreen Group
12:00.....Chinese Lunch
1:00.....Scrabble & Other Games
1:00.....Ping Pong
1:00.....Parkinson's Support
2:45.....Yoga for Health-Beginner

7:30.....Golf @Pine Meadow
9:12.....Fix-It-Shop
9:00.....Stretch & Bend
10:00.....BP Senior Center
12:00.....Lunch-Lex Café
1:00.....Caregiver's Group: Youville Place
1:30.....Line Dancing
3:00.....Afternoon Tea Time

1
9:00.....Stretch & Bend
9:30.....Yoga for Health-Intermediate
9:30.....Foursome Bridge
12:00.....Lunch-Lex Café
1:00.....Current Events
1:00.....Ping Pong
1:00.....Bingo

8
7:30.....Golf @Pine Meadow
9:12.....Fix-It-Shop
9:00.....Stretch & Bend
10:00.....BP Countryside
12:00.....Lunch-Lex Café
12:00.....Seated Strength Training
3:00.....Afternoon Tea Time

9
9:00.....Stretch & Bend
9:30.....Yoga for Health-Intermediate
9:30.....Foursome Bridge
9:45.....60+ Fitness
12:00.....Lunch-Lex Café
1:00.....Current Events
1:00.....Ping Pong
1:00.....Bingo

15
7:30.....Golf @Pine Meadow
9:12.....Fix-It-Shop
9:00.....Stretch & Bend
10:00.....Depart St. Brigid's for Isles of Shoals
10:00.....BP Greeley
12:00.....Lunch-Lex Café
12:00.....Seated Strength Training
1:00.....Podiatry Clinic
1:30.....Line Dancing
2:30.....Book Group
3:00.....Afternoon Tea Time

16
9:00.....Stretch & Bend
9:30.....Foursome Bridge
9:30.....Yoga for Health-Intermediate
9:45.....60+ Fitness
12:00.....Lunch with Town Manager, Carl Valente
1:00.....Current Events
1:00.....Ping Pong
1:00.....Bingo

22
7:30.....Golf @Pine Meadow
9:12.....Fix-It-Shop
9:00.....Stretch & Bend
10:00.....BP Vynebrooke
12:00.....Lunch-Lex Café
12:00.....Seated Strength Training
1:30.....Line Dancing
3:00.....Afternoon Tea Time

23
9:00.....Stretch & Bend
9:30.....Yoga for Health-Inter.
9:30.....Foursome Bridge
9:30.....Nutrition Series: Bone Health
9:45.....60+ Fitness
12:00.....Lunch-Lex Café
1:00.....Current Events
1:00.....Ping Pong
1:00.....Bingo

29
7:30.....Golf @Pine Meadow
9:12.....Fix-It-Shop
9:00.....Stretch & Bend
12:00.....Lunch-Lex Café
12:00.....Seated Strength Training
1:30.....Line Dancing
3:00.....Afternoon Tea Time

30
9:00.....Stretch & Bend
9:30.....Yoga for Health-Inter.
9:30.....Foursome Bridge
9:30.....Nutrition Series: Vitamins, Minerals, and Herbal Supplements
9:45.....60+ Fitness
12:00.....Lunch-Lex Café
1:00.....Current Events
1:00.....Ping Pong
1:00.....Bingo



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30.....Golf @Stone Meadow 9:00.....Stretch & Bend 9:45.....60+ Fitness 12:00.....Lunch-Lex Café 1:00.....Scrabble & Other Games 1:00.....Ping Pong 2:45.....Yoga for Health-Beginner	9:00.....Stretch & Bend 9:45.....Seated Strength Training 12:00.....Lunch-Lex Café 1:00.....SHINE 1:15.....Movie Classic: Sabrina 2:00.....World Affairs	9:00.....Stretch & Bend 9:30.....Foursome Bridge 9:45.....60+ Fitness 10:00.....Computer & Technology Group 12:00.....Lunch-Lex Café 1:00.....Veteran's Agent 1:00.....Ping Pong 1:00.....Bridge 1:30.....Tai Chi Class	7:30.....Golf @Pine Meadow 9:00.....Stretch & Bend 9:30.....BP Senior Center 10:00.....Lunch-Lex Café 12:00.....Seated Strength Training 1:00.....Caregiver's Group: Youville Place 1:30.....Line Dancing 3:00.....Afternoon Tea Time	9:00.....Stretch & Bend 9:30.....Yoga for Health-Intermediate 9:30.....Foursome Bridge 9:45.....60+ Fitness 12:00.....Lunch-Lex Café 1:00.....Current Events 1:00.....Ping Pong 1:00.....Bingo
7:30.....Golf @Stone Meadow 9:00.....Stretch & Bend 9:45.....60+ Fitness 10:00.....Evergreen Group 12:00.....Lunch-Lex Café 1:00.....Scrabble & Other Games 1:00.....Ping Pong 2:45.....Yoga for Health-Beginner	9:00.....Stretch & Bend 9:45.....Seated Strength Training 12:00.....Lunch-Lex Café 1:00.....SHINE 1:15.....Movie: Ice Castles 2:00.....World Affairs	9:00.....Stretch & Bend 9:30.....Foursome Bridge 9:45.....60+ Fitness 10:00.....Computer & Technology Group 12:00.....Lunch-Lex Café 1:00.....Veteran's Agent 1:00.....Ping Pong 1:00.....Bridge 1:30.....Tai Chi Class	7:30.....Golf @Pine Meadow 8:30.....Depart St. Brigid's for Cape Cod Cruise 9:12.....Fix-It-Shop 9:00.....Stretch & Bend 10:00.....BP Countryside 12:00.....Lunch-Lex Café 12:00.....Seated Strength Training 1:30.....Line Dancing 3:00.....Afternoon Tea Time	9:00.....Stretch & Bend 9:30.....Yoga for Health-Intermediate 9:30.....Foursome Bridge 9:45.....60+ Fitness 12:00.....Lunch-Lex Café 1:00.....Current Events 1:00.....Ping Pong 1:00.....Bingo
7:30.....Golf @Stone Meadow 9:00.....Stretch & Bend 9:45.....60+ Fitness 12:00.....Lunch-Lex Café 1:00.....Scrabble & Other Games 1:00.....Ping Pong 1:00.....Funeral Planning 2:45.....Yoga for Health-Beginner	9:00.....Stretch & Bend 9:45.....Seated Strength Training 12:00.....Summer BBQ 1:00.....SHINE 1:15.....Movie: Invictus 2:00.....World Affairs	9:00.....Stretch & Bend 9:30.....Foursome Bridge 9:45.....60+ Fitness 10:00.....Computer & Technology Group 12:00.....Lunch-Lex Café 1:00.....Veteran's Agent 1:00.....Ping Pong 1:00.....Prostate Group 1:00.....Bridge 1:30.....Tai Chi Class	7:30.....Golf @Pine Meadow 9:12.....Fix-It-Shop 9:00.....Stretch & Bend 10:00.....Legal Presentation 10:00.....BP Greeley 12:00.....Lunch-Lex Café 12:00.....Seated Strength Training 1:00.....Podiatry Clinic 1:30.....Line Dancing 2:30.....Book Group 3:00.....Afternoon Tea Time	9:00.....Stretch & Bend 9:30.....Foursome Bridge 9:30.....Yoga for Health-Intermediate 9:45.....60+ Fitness 12:00.....Lunch with Town Manager, Carl Valente 1:00.....Current Events 1:00.....Ping Pong 1:00.....Bingo
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August 2010



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Out and About ... Come one, come all...

All trips leave from St. Brigid's Church parking lot unless otherwise notes.

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Wait List Only

Boston Symphony Orchestra Series - open rehearsals

Wait list Only

Isles of Shoals

\$79

Thursday, July 15

- Board the M/V Thomas Leighton for a 2 ¾ hour cruise to view the Isles of Shoals, a group of 9 islands off the New Hampshire/Maine coastline
- Lunch at the Weathervane Restaurant
- Meal Choice—Lobster, Shrimp or Salmon

depart 10:00 a.m.: return 6:00 p.m.

Spirit of Boston

\$59

Wednesday, July 28

- Board the "Spirit of Boston" 2 hour narrated cruise
- Enjoy the Grande Luncheon Buffet, while cruising Boston Harbor

depart 10:45 a.m.: return 3:00 p.m.

Lobster Roll Cruise

\$62

Thursday, August 12

- Enjoy a 90 minute cruise of Sesuit Harbor on Cape Cod Bay aboard the Lobster
- Roll boat. Lunch will be served while cruising with your choice of lobster roll, roast beef roll up or vegetarian roll up

depart 8:30 a.m.: return 5:15 p.m.

New England Patriot's Place

\$75

Tuesday, August 24

- Patriots Hall of Fame - a modern museum taking guests through *Patriots* and *New England Football* history, amazing video and audio presentation.
- Outstanding Entertainment and a Superb Meal at the "Showcase Live"
- Meal choice - Baked ham steak or baked New England Haddock
- Time for shopping and browsing at some of "Patriot Place" stores and shops

This trip involves walking. Depart 9:00 a.m. : return 5:00 p.m.

Fabulous Way to Spend a Sunday

\$70

Sunday, September 26

- Buffet Brunch at **Giorgio's Restaurant** - 10 different hot items, carving station, Smoked salmon, French toast with a variety of cheesecakes and more
- **Swan Chocolates** - we will tour the Swan Chocolate production facility and learn about their gourmet truffles and signature chocolates Good news — each of us will receive a special goodie to enjoy!
- **Anheuser-Bush** - We will tour the brewery, learn the history of the company, have a "tasteful" of beer and visit the "Budweiser Clydesdales" in their Old World-Style Hamlet, one of the most beautiful settings for these majestic horses.
- **Mystery Stop** - Where? A good fun stop. **This trip involves walking!**

Trip reservations can be made by mail or in person at the Senior Center. Make checks payable to **Town of Lexington**. Due to advance financial commitments, refunds for cancellations made only if the vacancy is filled. Trip itinerary may change. Gratuities are included in the price.

If you have any questions about the trips listed above, please contact Phyllis Rand at the Lexington Senior Center at 781-861-0194.

Friends of the Council on Aging Donations Request Form

Who are the Friends? We are a 501(c) (3) all-volunteer public charity dedicated to helping Lexington seniors. Our Mission is to help support the programs and activities of Lexington Senior Services and to help make Lexington aware of the good work the Council does.

What are the funds used for? To help Seniors in Lexington through the programs and services of the Senior Center.

How can you help? You can make a fully tax deductible donation to Lexington FCOA.

Please mail donations to: Friends of the Council on Aging, P.O. Box 344, Lexington, MA 02420. We appreciate your gifts, thank you. Please indicate if your donation is in memory of someone you care about.

DONATION INFORMATION

Donor's Name: _____
 Donation Amt. \$ _____
 Donor's Address: _____
 In Memory of: _____
 Send Acknowledgment to: _____
 Name & Address: _____

The Council on Aging Board (COA Board) Meeting Schedule

The Council on Aging Board meets monthly at the Senior Center on the first Thursday of the month at 3:30 p.m. Board meetings are open to the public, and we encourage you to attend! The summer schedule is as follows: **July and August dates to be announced.**

TOWN SERVICES

Flu Clinics

Please call the Senior Center or Department of Health (781-862-0500 x 281) for current information on Public Flu Clinics.

SAVE THE DATE - FUTURE TRIPS

• *Foxwoods Casino* *Monday, September 13*

• *Holiday Magic* *November 28th -29th*

The North Pole Express Train Ride with the allure of New York City and the Christmas Spectacular Show at Radio City Music Hall

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FOR YOUR INFORMATION

Join us for lunch at the Senior Center! Suggested donation is \$3.00. The Lexington daily lunch program is sponsored by Minuteman Senior Services and is supported by state funding and your donations. Come and enjoy a delicious three course meal prepared by the chef at Youville Place. To make a reservation, please speak with Despina Maradianos, the Nutrition Site Coordinator, by 12 noon the day before you wish to come. **Space is limited!** Weekly menus can be found in the Lexington Minuteman or by dropping by the Senior Center. Menus are subject to change without notice.

Library Lines: The library attracts many borrowers who take advantage of all the new books we have on our shelves. We have a welcoming environment. Come for conversations, to browse, read and borrow from our collection. **Senior Center Library Hours - Monday - Friday 10 a.m. to 2 p.m.**

GETTING AROUND

Senior Transportation Options 2010: Please check our website or pick up a copy of our updated information at the Senior Center, about ways to get around, whether a doctor's appointment, shopping or other services that you may need a ride to. For questions or concerns about transportation, contact the Human Services Department at 781-861-0194.

LEXPRESS: The LEXPRESS staff is happy to initiate Seniors to Lexington's in-town bus service by telephone inquiries, or by accompanying a rider on the bus. Call the LEXPRESS office at (781) 861-1210 to speak to the staff about schedules and routes.

FISH Needs Volunteers: Can you volunteer one day a month to drive Lexington seniors to medical appointments either in Lexington and vicinity or in Boston? If you can or are interested to learn more about it first, please call David Horton at 781-862-3293.

IMPORTANT NEWSLETTER INFORMATION

The Senior Center newsletter will be sent out automatically by mail to Lexington residents age 65 and over. For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and at the Lexington Senior Center. To receive the Senior Center newsletter electronically, please follow the directions below:

Sign up to Receive the COA Newsletter Via Email

- Go to www.lexingtonma.gov
- In the left-hand column click on "Town Government"
- Click on "Departments"
- Go to the YELLOW menu at the top of the page and click on "News & Events"
- Click on "Join our Email Lists"
- Fill in your Email address and a NEW password
- Go down the list and click on the publications you would like to receive
- Click on "Subscribe"
- It's that easy.

Then, please call 781-861-0194 to cancel your newsletter via regular mail!

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YOUR MONEY

FY11 Senior Service Program: The Senior Service Program asks participating taxpayers to work for the municipality in exchange for a reduction in their tax bill. Positions vary and hours are flexible.

- Applications are available through the Senior Services Department, Paula McGlynn at the Senior Center 781-861-0194.
- Applicants must be 60 years of age or older and own property in Lexington that is their principle residence.
- Gross income (including Social Security income) must not exceed \$46,300 for a single taxpayer or \$ 52,950 for a couple.
- The maximum credit for a single taxpayer is \$935.00. A couple may earn a maximum of \$1,190.00.



Lexington Farmer's Market

Tuesdays, from 2 to 6:30 p.m.
rain or shine.



The Market is on the corner of Massachusetts Ave, Woburn St., and Fletcher Ave. in Lexington Center. Features locally grown produce, a variety of meats, fish, baked goods and other prepared foods, and artisans tent. Admission free. For more information, and to subscribe to the weekly newsletter, visit www.lexingtonfarmersmarket.org. The Lexington Farmers' Market accepts SNAP coupons and will be offering a double your dollar incentive program.

Windowpane Shop Hours

10:00 a.m. to 2:00 p.m. Weekdays

New—Selection of Men's Clothing

Selling like-new summer clothing, accessories,
jewelry, scarves & pocketbooks.

Accepting donations of clothing & small household items
on Mondays & Fridays from 10-2:00 p.m. Please **do not**
bring toys, computers or children's clothing.

HUMAN SERVICES

Veteran's Agent Office Hours:

Wednesdays 1 - 3 p.m. Veteran's Agent, Bob Martin, can meet with you during his weekly office hours. Please call Bob at 781-953-3160 to make an appointment.

Senior Health Outreach Program:

This program is a service provided by the Town of Lexington to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. To find out more about this program, please contact Carrie Johnson by calling 781-861-0194.

SHINE:

Counselors Rose Lerner or Rhoda Neidorf are available to help you with any aspect of your health insurance on **Tuesdays from 1 p.m. to 4 p.m.** Call the Senior Center at **781-861-0194** to make an appointment.

Fix-It Shop

Open Thursdays 9:00 a.m. to Noon

Do you have small items around the house that need repair? Do you ever think about getting those items fixed? If so, this is your time! Bring them to the Fix-It Shop. You will have a fast response with the best workmanship imaginable!

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KEEP FIT

Yoga for Health & Fitness with Lisa Groves: Please bring a blanket or yoga mat. Register and pay the Senior Center receptionist. Class size is limited. (Please pay in-full for each month.)

Beginner Level: Mondays, 2:45 – 3:50 p.m.

July—12, 19, 26

\$18.00

August—2, 2, 16, 23, 30

\$30.00

Intermediate Level: Fridays, 9:30 – 10:35 am

July—2, 9, 16, 23, 30

\$30.00

August—6, 13, 20, 27

\$24.00



T'ai Chi with William Barron: Register and pay the Senior Center receptionist. Class size is limited. (Please pay in-full for each month.)

Wednesdays, 1:30 - 2:30 p.m.

July—7, 14, 21, 28

\$16.00

August—4, 11, 18, 25

\$16.00

C.O.A. Seniors Golf: *Mondays at 7:30 a.m. at Stone Meadow Golf Course and Thursdays at 7:30 a.m. at Pine Meadow Golf Course.* All experienced and beginner senior golfers are invited to join golfing friends at these two weekly morning events. For further information, contact Ted Gorczyca at 781-863-8729.

Stretch & Bend: Monday through Friday from 9 to 9:30 a.m. This self led stretching and limbering group is free.

60+ Fitness: See page 3 for information on upcoming programs.

Ping Pong: Mondays, Wednesdays & Fridays, 1 - 4 p.m. All levels are welcome. Free.

Line Dancing for all levels with Sam O'Clair: Thursdays from 1:30 p.m. - 2:30 p.m. Classes are \$3.00. Please pay the receptionist. **Please note: classes will not be held on July 8 or on September 2.**

Zumba Gold: Recess for the summer, check back in September for fall classes.

SUPPORT GROUPS

The Evergreen Group (Chinese Senior Support): Group meets on the **2nd** and **4th** Monday of each month from 10 a.m.- 11:45 a.m. This Chinese senior support group meets to talk about personal and family issues.

Parkinson's Support Group: Group meets the **4th** Monday of each month at 1:00 pm. This Parkinson's Disease support group is led by Art Sotak.

The Friendship Group: Group meets on the **2nd** and **4th** Wednesday of each month from 1 - 2:30 pm. This self led group meets for friendship and support around issues of long-standing loss and living alone. All are welcome to attend.

Prostate Cancer Group: Group meets the **3rd** Wednesday of each month from 1 - 2:30 pm. This group is for men who currently have prostate cancer or survivors who wish to share the knowledge they have gained with others.

Caregivers Group: In July and August the group will meet on the **1st Thursday of the month only (July 1 and August 5) at Youville Place from 1 - 2:30 p.m.** This is a support group for caregivers of individuals with memory impairment. The group is ongoing and there is no fee. If interested please call Susan Moor at 781-861-9863 or Barbara Deveau at 781-861-0194 for an initial telephone intake.